

STRUCTURE / FUNCTION CLAIMS

NUTRIENT: Glutamine

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BY: LRB

PRODUCT: ABB 55460 L-Glutamine Powder 300g

NUTRIENT AMOUNT: 300g/bottle, 2.5 g/serving

STRUCTURE/FUNCTION CLAIM:

L-Glutamine, the most common amino acid in muscle, influences protein synthesis, glycogen storage, and the immune system. Supplementation with L-Glutamine can prevent glutamine depletion in muscles after metabolic stress, increase protein synthesis in muscles, and also decrease protein degradation (catabolism), resulting in stronger muscle cells.

REFERENCES:

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4. Poortmans JR, Castell LM, Leclercq R, Brasseur M, Duchateau J, Newsholme, EA, Influence of glutamine supplementation in blood lymphocytes and plasma substrate levels after a marathon race, *Clin Sci*, 1994; 87(Suppl.):25.
5. Welbourne TC, Increased plasma bicarbonate and growth hormone after an oral glutamine load, *Am J Clin Nutr*, 1995; 61:1058.
6. Varnier M, Leese GP, Thompson J, Rennie MJ, Stimulatory effect of glutamine on glycogen accumulation in human skeletal muscle, *Am J Physiol*, 1995; 269:E309.
7. Moskovitz B, Katz Y, Singer P, Nativ O, Rosenberg B, Glutamine metabolism and utilization: relevance to major problems in health care, *Pharmacol Res*, 1994; 30(1):61-71.

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